

SEXUAL ENERGY IN HEALTH AND SPIRITUALITY

Ancient spiritual traditions and new ways of relating sexually with our partners offer solutions for overcoming health problems and improving our vitality and longevity.

Part 2 of 2

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SEX AND HEALTH

According to psychological studies and statistics, in the longer term the vast majority of sexual relationships cause more distress and unhappiness than happiness. It is obvious, at least to me, that stress due to failing relationships also has a major impact on our health, emotionally and biologically. Even medical thinking now regards stress as an underlying problem that aggravates all other diseases.

Sexual factors that may contribute to health problems are nutrient deficiencies, hormonal and bio-energetic imbalances, and emotional distress. Several of these may be involved in any one case, and they cannot always be identified.

Nutrient deficiencies relate mainly to loss of ejaculate. The seminal fluid is high in zinc and requires much vitamin B6 and omega-3 fatty acids, which are found in fish oil and linseed oil. Deficiencies of these are widespread, especially in teenage boys with frequent loss of seminal fluid. The same deficiencies are common in schizophrenia, which starts most frequently in teenage boys. I believe that this may be a contributing factor in cases of existing deficiencies. Zinc deficiency also leads to underdeveloped male sexual organs and later in life to enlargement of the prostate gland. By pointing out these connections, I do not want to create guilt about masturbation but, instead, improve awareness about nutrition. Also, orgasm and schizophrenia are both associated with a high and unstable level of dopamine, while depression is associated with a low dopamine level.

Another observation is that arthritis tends to get worse with frequent ejaculatory sex. An ancient proverb says that "[Excessive] love-making, wine-drinking and laziness create arthritis". Arthritis specialist Bernard Aschner, MD, observed that arthritis tends to get worse with frequent ejaculations, especially with elderly men, whom he advised to abstain from sex for a few months until cured.⁷

Hormonal imbalances, especially dopamine excess or deficiency, seem to be the greatest contributors to addictive behaviours such as drug abuse, compulsive behaviour and gambling as well as aggression, violence and attention deficit disorder. Oxytocin, on the other hand, has a beneficial influence on these problems. For a referenced discussion of this subject, see http://www.reuniting.info/science/sex_and_addiction.

The main factor in raising our stress level is probably the inability to discharge bio-energetic static. One common example is watching exciting movies that fire us up, and then going to bed without releasing the induced tension. It is likewise with conventional sex. Initially the body may get charged with skin stimulation and anticipation, but then there is little release, especially for women, if the union lasts for less than 30 minutes. No wonder that some women develop emotional problems and gynaecological or nervous complaints, or just switch off and abstain from sex. Men, being less emotionally aware, may just develop physical symptoms instead, such as hypertension, heart disease, prostate problems or impotence.

Dr Rudolf von Urban's solution for relieving single or otherwise frustrated women of sexual and bio-energetic tension is a warm douche at bedtime on alternate nights. The duration is from 10 to 20 minutes while lying in a bathtub. The water is supplied by fitting some rubber tubing over the tap. This practice is very relaxing and not meant to induce an orgasm, but will help to provide a peaceful sleep.

Most diseases and health problems of the sexual organs are likely to be linked to unhealthy sexual practices. These health problems include not only cancers and

infections of the sexual organs but also diseases in other parts of the body. Even tumour growth and metastasis are stimulated by stress hormones.

Oxytocin counteracts the effects of stress hormones, and less stress means increased immunity and faster recovery. Oxytocin receptors have also been discovered in tumours. Therefore, oxytocin has a growth-inhibiting effect on cancer, especially prostate and breast cancers: the more oxytocin, the less tumour growth can be expected.

At <http://www.reuniting.info/science/research> you can find scientific references showing that oxytocin is increased by hugging, massaging, touching, kissing and psychological support. It improves stress levels, immune functions, wound healing, detoxification, impotence, autism, memory, caring attitude, female receptivity, and reduces addictions, anxiety, aggression, allergies, pain, breast and prostate cancer. At the same website is an equally impressive collection of research references showing the health disadvantages of orgasmic sex.

Hypertension and Stress

As an example of the benefits of healthy sex, von Urban mentions that at a neuropsychiatric conference he presented a difficult case cured of high blood pressure, stomach ulcers and inability to work within eight weeks with his Perfect Sex method. A leading expert doubted that a change in sexual practices could normalise high blood pressure, so von Urban asked him to send his most difficult and hopeless case. Ten days after the patient was counselled by von Urban, his blood pressure was almost normal.

In contrast, it should be noted that Wilhelm Reich, who advocated orgasmic sex for release of excess bio-energy, died of heart attack probably associated with high blood pressure, and his wife suffered from severe hypertension.

Von Urban also presents the case of a young woman who was diagnosed as schizophrenic, temporarily institutionalised and treated with electric shock therapy. A few weeks after changing sexual habits, she became completely "normal" and remained so.

Considering the vast amount of hypertension, mental disorders and other stress-related conditions in our society, and that von Urban demonstrated the effectiveness of his method only 60 years ago, I do not expect the method will be discussed in medical journals or the mass media any time soon.

I do not want to imply that sexual energy is the only factor causing or curing the discussed diseases. However, if sex is changed from being a severe stress to becoming a healing factor then this can be sufficient to overcome the health problem.

Furthermore, most of those with a chronic disease, especially cancer, are emotionally rather fragile and they benefit greatly from a close-bonding, loving relationship to elevate oxytocin. This is also beneficial with heart disease and mental/emotional conditions such as depression and addictions.

A high level of testosterone is a negative factor with prostate cancer, as is high oestrogen with most breast cancers. But when

we are in love (or create a feeling of love with increased oxytocin), the sex hormones in both genders become more like each other. Males become less aggressive, gentler and more spiritual, while females produce more testosterone to make them bolder and balance excessive oestrogen levels.

For the Lack of a Cuddle

Anorexia nervosa develops mainly in teenage girls. This immediately suggests a connection to sexuality. I was intrigued to read that one of the more successful methods recommends, in addition to other measures, using a cosy vest to provide a feeling of being warm and protected.

That reminds me of an experiment with monkeys.⁸ Immediately after birth, the babies were separated from their mothers and raised with two substitute "mothers". One was a wire structure containing a food bottle with a nipple, and the other was a terry-towelling cloth wrapped over the wire, heated by an electric bulb inside. The young monkeys adopted the cloth-covered structure as their mother substitute and were distressed when it was temporarily removed. The bottle structure was just a feeding machine to them. All these monkeys became disturbed emotionally as well as in their behaviour when growing up, and they were unable to perform the sexual act successfully on maturity. Touch was emotionally more important to them than food. That is exactly what happens with anorexia nervosa.

It was often worse for human infants who were raised in church or government institutions without even a cloth mother substitute. One of the worst aspects for a baby is the feeling of not being wanted, and especially if it experiences hostility from one or both parents. A difficult birth with forceps, surgery and glaring lights is traumatic, as is a negative attitude by anyone present at the birth.

Even worse is the prolonged removal of the baby from the mother in most hospitals. All of these aspects generate stress hormones when babies need, more than anything else, persistent contact with the mother (or a suitable human substitute) to generate soothing and bonding oxytocin.

Presently there is a rapidly rising incidence of self-harm reportedly affecting up to 20 per cent of teenagers, with a high incidence among teenage girls. While teenage boys tend to release their internal tensions through outward aggression and harming others, girls tend to harm themselves. Princess Diana admitted to self-harm. This phenomenon is not new and was reported in former centuries and even millennia ago. In the 19th century, many girls were known to stick needles into their skin and were called "needle girls" by medical professionals. At present, cutting with razor blades is more fashionable.

The reported reason for doing this is unbearable emotional tension. It provides essential stress relief, and some girls say it keeps them alive so that they don't need to commit suicide. This tension starts with puberty and abates towards the end of teenage years. Self-harm is also related to eating disorders and

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is prevalent in detention facilities and nunneries. In adults, such behaviour now gets the psychiatric label "borderline personality disorder" (BPD).

We can now understand this behaviour according to von Urban's model of a stress-based, bio-energetically charged skin. When someone is in pain, bio-energy is released together with feeling energy, and it is this pain-induced release of bio-energy that keeps these self-harming teenage girls sane. Furthermore, pain due to various known or unknown causes can be relieved by appropriate skin contact. From this, it is easy to see that the most curative method for these teenagers, as well as for others with emotional problems, would be prolonged skin contact in a safe environment to raise oxytocin levels, and especially non-sexual, affectionate contact with someone of the opposite sex. Cuddles from either parent, as well as other offerings of affection, are beneficial for the emotional well-being of all children regardless of gender and greatly reduce children's stress levels. (Note, too, that with larger families in the past, there was more contact between children.)

However, in addition, it is beneficial to reduce the strong build-up of sexual energy which causes stress at the bio-energetic level, especially in adolescents. In Western society in previous times, there was a custom of boys and girls holding hands or dancing on Saturday evenings for a long time with body and hand contact. Now, couples tend to have little contact during dancing, and the music and lighting, instead of being relaxing, are designed to produce a stress-induced dopamine hype.

The hands are strong radiators of bio-energy, and the most effective equalisation is between the male right hand and the female left hand. Also, a foot massage facilitates energy exchange and is relaxing. A parent can easily massage the bare shoulders, neck and back of a child or teenager of the opposite sex, and then get a massage in return; this would be relaxing for both. However, it is important for the same-sex parent to participate as well so that there is no emotional separation. A special time of the week may be selected where the whole family joins in gently massaging each other. Also, having a professional massage from a therapist of the opposite sex is an option, or cuddling in a health or social club.

Reducing Stress and Tension

Bio-energetic static and emotional energetic blockages are probably major factors not only with hypertension, mental problems and other stress-related conditions, but also in the present epidemic of hip, knee and lower back problems, leg cramps as well as gynaecological and other disorders in the pelvic area, including impotence and frigidity. Persistent bio-energetic static and its associated emotional blockages tend to cause muscle tension with permanently reduced blood, lymph and nerve supply to these areas, making them susceptible to infections, arthritis and other health deterioration.

According to the findings of von Urban and the experiences of couples practising Karezza, the easiest way of reducing such persistent tensions is prolonged, quiet skin and possibly sexual contact with a partner of the opposite sex, basically as a long

period of relaxation or meditation. While superficial tensions may be eliminated in one session, deeper muscle tensions are caused by a lifetime of sexual frustration and may require many repetitions of lying together while using guided imagery and pleasurable feelings to melt the corresponding emotional blockages.

Emotionally deprived children grow into adults with antisocial or asocial tendencies. On one side of the scale this manifests as violent, criminal and destructive behaviour, and on the other as shyness, lack of confidence, self-destructive behaviour and depression. Often our sexual problems start right after birth if we are bottle-fed instead of breast-fed or, worse, if we are separated from our mother for a prolonged period. This separation tends to make it difficult later to bond with a partner. Even with relatively good parenting, our evolving sexuality causes enormous tensions and stresses while we grow up in our society, and most adults will experience emotional and health problems due to general ignorance in regard to balancing sexual energy.

Compare our Western upbringing to the way von Urban describes how children were raised in some more advanced native societies. He writes: "The Melanesians are certain that children whose sex impulses are not correctly developed can never become experts in love." Sexual training is considered to be most important for the future happiness in the love life of their children. They encourage children to pay attention to their sexual feelings. There is a lot of touching, caressing and skin contact

between adults and children in native societies.

According to von Urban, anthropologist Professor Bronislaw Malinowski reported that the chief of an African tribe expressed his astonishment to an early explorer that Westerners do not provide sexual training to their children. He believed this to be more important than any other kind of training, as healthy sexual development not only provides bliss for the individual but also harmonious family and tribal life. He also said that "In some tribes of Central Africa, masturbation is taught by an elder of the opposite sex", and to abate sexual tension "old women quietly lay their hands on the testicles of little boys, and old men on the vulvas of little girls, holding them thus for some time". Malinowski noted that such practices were more satisfactory than masturbation. Why? Because masturbation, while providing local relaxation, increases overall bodily tension, while skin contact with the opposite sex reduces it. Therefore, prolonged non-sexual skin contact between a boy and a girl, or a child and parent of the opposite sex, would probably be a good way to alleviate hyperactivity, attention deficit disorder, shyness, autism, violence, self-harm and related problems.

There seems to be a complete absence of sexual and stress-related conditions in native societies described by Malinowski. In our society, children's sexuality is so misdirected that sexual violence, rape and many forms of sexual inhibition, frustration and abuse, emotional problems, mental diseases and other stress-related conditions are a frequent outcome in adult life. This shows that we could learn much from native practices. As these native people could observe all varieties of loving sexual

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activity, sex held no unhealthy fascination or obsession for them, as it has for most people in our society. Consequently, abuse of children, rape or other forms of violence were unknown to them. Sexual activity to them was as natural and open as eating is to us. According to Malinowski, such open native sexual education does not necessarily result in early pregnancies. Properly taught Karezza would not only lead to a healthier society at all levels, but would also curb the unsustainable overpopulation of our planet.

What many singles and especially women miss even more than sex is touching and hugging. Some try to satisfy this need with regular massage therapy. However, there may be a simple solution: just form a local "hug club". Discreetly spread the word and you may be surprised by the amount of interest in hugging that's "out there". You may also form or join a healing group where hugging may be practised together with other self-healing techniques.

SEX AND REJUVENATION

There are many hints of rejuvenation and increased longevity achieved as a result of sacred sexual practices. Some of these, such as increased longevity in harmonious relationships and longer lives of caregiving parents could just be due to persistently raised oxytocin levels. However, there are also ancient practices, especially based on Tao, that deliberately use sexual energy to rejuvenate and increase longevity. Also, according to information channelled by Edgar Cayce, we can achieve complete regeneration (perfect operation of the endocrine system) if we cleanse and purify the reproductive centre.

In the 1930s, Peter Kelder wrote the now famous *Eye of Revelation* with the "Five Rites of Rejuvenation" or the "Five Tibetans". Thousands and possibly millions faithfully did these exercises every day without doing the one that really mattered to draw sexual energy up the spine. That was probably because Kelder's instructions for the sixth rite were somewhat vague. The rite is only practised when one is sexually excited. One is to stand and bend over with the hands on the knees and push all the air out of the lungs. Then straighten up and with the hands on the hips push up the shoulders. Pull the stomach in and up and hold this position for as long as possible. Then forcefully inhale through the nose and exhale immediately through the mouth. The arms may now hang to the sides while you take further deep breaths through the nose or the mouth. If one is still sexually excited, the same procedure may be repeated as often as necessary. However, Kelder did not write about how to cause the sexual excitement that generates the sexual energy to be drawn up and distributed through the body. A more detailed and substantial set of instructions is now available thanks to the work of Mantak Chia in collaboration with Michael Winn in their series of *Healing Tao* books. Some of the relevant books are *Taoist Secrets of Love: Cultivating Male Sexual Energy* (1984), *Healing Love: Cultivating Female Sexual Energy* (1986), *Awaken Healing Light of the Tao* (1993), *The Multi-Orgasmic Man* (1996) and *The Multi-Orgasmic Couple* (2000), published by Healing Tao Books, Huntington, New York. In addition, there is a global network of certified Tao teachers; see <http://www.universal-tao.com>.

Circulating Sexual Energy

Mantak Chia, born in Thailand of Chinese parents, studied with various Taoist (or Daoist) masters before moving to New York 30 years ago and setting up his Healing Tao centre. He seems to be the first modern Tao master who openly teaches previously secret Taoist methods of using sexual energy for rejuvenation, longevity and spiritual development. This system uses sexual energy as the primary fuel to be refined by spiritual practice. Instead of sexual energy being released in the form of an orgasm, it is channelled up the spine and then down the front in the "microcosmic orbit". In this way, it remains available to heal and rejuvenate the body, while any surplus is stored in the area behind the navel. It appears that the microcosmic orbit was developed 2,000 years ago by Taoists as a sexual practice to rejuvenate the brain, and it later evolved to become a spiritual practice.

First, you practise to learn the two basic skills of avoiding an orgasm and circulating energy in the microcosmic orbit. It is advisable initially to practise alone with self-pleasuring. This is called "single cultivation". You stop shortly before the orgasm and, with breath control and imagination, draw the energy upwards. Chia calls this the "big draw" for men and the "orgasmic upward draw" for women. When you are able to do this, it is preferable to use "dual cultivation" with a partner of the opposite sex as the technique involves exchanging

male and female sexual energies. When you are sufficiently advanced, you can derive pleasure from repeated "valley orgasms" during long periods of love-making and with repeated upward draws of energy. It is possible to continue practising alone or with a same-sex partner, but then one may need to use additional methods of attracting the missing opposite-sex energies.

In addition to using activated sexual energy, you may practise the orbit by accumulating energy during meditation, imagining energy entering through the crown centre at the top of the head or by condensing breath energy. To learn to circulate energy, you need to have a basic understanding of the chakra system. These are the seven major and numerous minor etheric vortices that distribute bio-energy within the body. When you have a good feeling sensation of the energy either from breathing into the abdomen or from activating sexual energy, you imagine this sensation flowing towards the perineum and the base of the spine.

Now, imagine a valve opening at the tailbone and with each inhalation you lift the energy higher up the spine, while holding it during exhalations. Imagine that your spine is a straight hollow tube through which the energy flows and continue to lift it all the way to the top of the head. Reinforce it with energy entering the top of the head and then lead it down in steps to the centre of the forehead, the throat, the middle of the breastbone, the stomach and, finally, store it behind the navel as a ball of energy. When leading the energy down, it helps if you touch the roof of the mouth with the tip of the tongue.

When needed, this energy may be reactivated with your intention and used for healing yourself or others by directing with your mind where you want it to go. It may also be used

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for tasks with high-energy requirement and is the same energy that masters of the martial arts aim to cultivate and use.

When you can readily feel the circulating energy and the various centres on its path, you may also use a short form to energise and centre yourself quickly. Imagine the energy entering the top of the head and rapidly jumping down from one centre to the next to the base of the spine. Then with one inhalation lift the energy to the top of the head, and with the next exhalation drop it again down to the base. In all this energy work, imagine and feel the energy moving below the surface of the skin.

Instead of doing the big draw when close to orgasm, you may constantly draw up sexual energy in a "slow draw", especially during prolonged love-making as in Karezza. You do this by keeping part of your mind focused on your third eye area between the eyebrows, best done by turning your closed eyes up and inwards as if looking at this point. Then with each slow inhalation you imagine sexual energy moving up the spine to the top, while during the slow exhalation you let the energy fall down the front and back to the sexual organs, not forgetting to keep the tongue against the roof of the mouth.

If this sounds too formidable, just start out by keeping your focus on the third eye and feel love radiating from the heart. The slow draw is also suitable in a meditative state with or without gentle self-pleasuring or early morning erections or other states of gentle arousal. For more details, see <http://www.health-science-spirit.com/bioenergies.html>.

Strengthening Sexual Energy

The strength of our sexual energy is a function of our overall vitality or vital energy. If our overall vitality is low, then we do not have much sexual energy available to circulate in the microcosmic orbit. Furthermore, by frequently drawing the energy up, it may initially deplete our available sexual energy. Apart from conserving energy through non-orgasmic intercourse, there are many techniques to strengthen these energies.

One such method is the "inner smile". In its simplest form we may just smile at people we meet, at a tree, a flower, a cloud or the sky or landscape. As a more deliberate exercise we may close the eyes, focus on the third eye point between the eyebrows and smile in succession at every major organ and gland in our body.

Another important method is concentrating breath energy. This may be done with any organ in need of healing, but for this purpose we may breathe into the sex organs. Inhale deeply into the abdomen, and during a slow exhalation imagine the bio-energy in the inhaled air being compressed into the testicles or ovaries.

Due to decades of sexual tensions, most of us have permanently tense and weak muscles between the top of the pelvis and the knees. This is like an old battery that cannot hold much charge. Use massage, vibrating, shaking, relaxation exercise and guided imagery to soften their contracted core.

Also, do pelvic floor exercises. In addition to rhythmically contracting and relaxing the whole pelvic floor, selectively push forward to contract only the front part.

In men, this gives an impulse to the penis, while woman may also rhythmically contract the vaginal opening. This forward pressure is used to prevent loss of energy when near orgasm, while selective contraction around the anus and tailbone helps to lead the energy up the spine.

Other common techniques are *tai chi* and *chi gong*. In these practices, we imagine and feel energy being drawn into our body from our environment. Walking barefoot on grass or moist soil or swimming in the sea enhances and cleanses our aura.

The north-pointing pole of a magnet, like the right palm, has an energy that is similar to the *yang* or male sexual energy, while the energy of the south-pointing pole or the left palm is similar to the *yin* or female sexual energy. In Taoist philosophy, the heavenly or spiritual energies entering through the top of the head are male or *yang*, while the earth energies are female or *yin*. Generally, female energies are soothing and relaxing, and male energies are stimulating and activating.

Food for Sexual Energy

We cannot have strong sexual energy if we are malnourished. Our life force, from which we generate sexual energy, is similar to the bio-energy in raw food. Therefore, raw food has a much stronger vitalising effect than cooked food.

High-quality proteins are part of the seminal fluid, and a high-protein diet is sexually stimulating. In our culture meat is preferred, while in the Orient chickpeas are used to improve sexual performance. However, the food with the highest reputation is the raw yolk of a free-range, fertilised egg; it supplies sulphur compounds that are also high in the semen. However, even more effective than egg yolk is raw minced

meat.

The seminal fluid is also high in zinc and requires much vitamin B6 and omega-3 fatty acids, which are found in fish oils and linseed oil. Deficiency of these is widespread, especially with frequent loss of seminal fluid. Fish oils are also required for natural vaginal lubrication.

The body forms nitric oxide from the amino acid arginine as a signal for the blood vessels of the penis to relax. This is necessary so that the penis can fill with blood and have an erection. Also, magnesium supplements help with relaxation. Stress, on the other hand, or being emotionally uptight, prevents this necessary relaxation and, with this, an erection.

Various herbs and alkaloids have traditionally been used to improve sexual functions. Commonly used for improving and balancing the endocrine system in general and sexual hormones in particular is maca (*Lepidium meyenii*). It appears to be more effective than wild yam and is especially helpful with age-related sexual problems. Also *Tribulus terrestris* (puncture vine) is frequently used to improve sexual functions.

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SEX AND SPIRITUALITY

Sexuality is closely related to spirituality in several ways. In its negative aspects of lust, sexual excess, degradation and rape, it appears as the antithesis of spirituality, and in this light it has been seen in the Christian tradition. However, in its positive aspects our sexuality can open our heart to love and enable us to have experiences similar to meditative states and mystical bliss during or instead of an orgasm and its afterglow. In a less obvious way, sexual energies can be channelled upward to develop our energy centres or chakra system and higher energy bodies. According to esoteric and yogic teachings, this is all part of our spiritual evolution.

The idea of celibacy for priests, nuns and monks is to spiritualise sexual energy through meditation, rituals and other devotional practices. While this generally involves conscious exercises, as in yoga, Christian mystics commonly transformed their energies without conscious awareness through intense devotion. If religious celibates fight to suppress their sexuality, they misunderstand the deeper reason for the practice of celibacy and block their spiritual evolution on that level. If devotional practices do not lead to the transmutation of sexual energies, then it is much better to find a natural outlet. Suppression always leads to problems.

There are hundreds of different tantric, Taoist, yogic and meditational techniques to transform sexual energy into kundalini or spiritual energy. Sexual energy is a denser part of our general life-force energy, which can be liberated as kundalini energy and led upwards. Its ultimate purpose is to facilitate spiritual growth by developing our chakra system and higher energy bodies.

What is Spirituality?

In this context, "spirituality" means to me an effort to speed up the evolution of our consciousness, which then becomes manifest in the functions of our energy bodies and the formation of higher energy bodies. I see the next stage in the spiritual evolution of humanity as forming a society based on co-operation, love and compassion. In some way, this is a high ideal of all religions but is especially expressed in Buddhism and Christianity. Love and compassion are the expressions of an opened heart centre. Therefore, the practice of Karezza is especially relevant at this time.

Tantric and yogic methods aim instead for a fast road to enlightenment, while Taoists ultimately want to develop an immortal energy body, which may correspond to the light-body of New Age philosophy. However, apart from achieving various temporary states of bliss and psychic happenings, few seem to be really successful in this way, and also so-called brain or spiritual orgasms may still be related to addictive dopamine activity.

Tantric and Kundalini Yoga

Tantric and kundalini yoga originate from the Hindu tradition. Both methods aim to lead sexual energy upwards: tantra in ritualised male-female interaction, and kundalini yoga

in strict individual practice; both methods entail semen retention. As a reward, there may be a brain orgasm and various states of blissful conditions. Traditionally, tantra was seen and used as a method to enable men to achieve enlightenment while women were only used as tools, even if they were ritually worshipped as goddesses. This has changed in modern Western practices where women are now the complete equals of men.

I see the main problem with these methods as being a one-way street of energy flow from the base of the spine to the top. This tends to lead to unbalanced development by overstimulating the head centres at the expense of the heart centre. Furthermore, drawing up too much sexual energy may in time deplete overall vitality. Also, I am not impressed with the abilities of practitioners of these systems to rejuvenate. There is probably no problem with these methods for beginners, but various reports indicate problems may result from continued

overstimulation of the brain. This seems to be increasingly acknowledged by modern tantra and kundalini practitioners who now have added the microcosmic orbit to their practices. For an interesting overview of the modern tantra, kundalini and Tao scene, see *The Quest for Spiritual Orgasm* by Michael Winn or visit the website <http://www.healingtaobritain.com>.

"Enlightenment is in the Vagina"

You may think I'm trying to be cheeky or provocative with the statement "Enlightenment is in the vagina", but this is one of the authenticated sayings of the Buddha. The actual phrase in Sanskrit is *Buddhatvam yosityoniamasritam*. This leaves us with the problem of how to understand or interpret this saying. It seems to turn our usual understanding of enlightenment on its head. This same view is expressed in various sacred tantric texts. There appears to be much hidden sexual activity involving female consorts in some Tibetan Buddhist sects. Western Buddhists, on the other hand, apparently do not know what to make

of this saying and therefore tend to ignore it, although I know of one Western Buddhist in Thailand who took this to mean that lots of intoxicating orgasmic sex is the road to enlightenment. But there is also another Buddhist saying that refers to orgasms as killing the inner Buddha.

My understanding of the first saying is that it refers to female sexual energy which is required for a male monk to become androgynic, meaning that male and female energies become balanced in an individual. This may be achieved by dual cultivation as with tantra or having a female consort, or by single cultivation as with energy meditation. This is really the same process that we also see in Taoist practices and in the Gnostic Gospels. It has nothing to do with surgical or hormonal gender changes. The second saying simply means that by wasting our sexual energy with orgasms, we do not have enough left over for enlightenment.

In the eighth century, a female Buddha, Lady Yeshe Tsogyel, achieved enlightenment through mutual tantric practice.

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Suppression always leads to problems.

She explains that women must control their sexual energies just like men need to control their ejaculation if they would cultivate spiritual enlightenment: "If there is leakage of *bodhichitta* [sexual energy], the Buddha Unchanging Light is slain..."

Therefore, with the power of retraction, drawing up 'love' with the base energy of life-force, I held it in the pot of my belly, and maintaining the recollection of pleasure uncontaminated by lust, divesting myself of mind-created *samadhi*, yet not slipping into an instant of torpor, I experienced the ascent of Awareness."⁹

This passage explains in beautiful simplicity the process of Taoist internal alchemy: produce a feeling of sexual pleasure, draw this feeling from the sexual organs into the abdomen, continue to increase it with mindfulness, and at the same time lead the feeling of meditative bliss from the head into the abdomen. Energy flow then follows the feelings. In the abdomen, the heavenly or male energy from the head centres interacts or copulates with the female earth energy of the sexual and base centres.

The ultimate goal of Taoist energy cultivation is the formation of an immortal body. This is not a physical body but a higher energy body, a light-body. In the same way as in esoteric Buddhist practice, this is achieved by combining male and female sexual energies so that the practitioner becomes androgynic.

This takes place initially in the area behind the navel where the converted sex energy has been accumulated by practising the microcosmic orbit or an equivalent method.

Our major male-female poles are at the top and the bottom of the spine. This is like an energy axis between two spinning vortices with a secondary male-female split between the right and left side of our body. The internal alchemy or inner copulation of these poles then creates the "divine child" or immortal light-body. To be successful, we need not only a strong sexual pole but also a strong crown or heavenly pole formed by regular meditation and a spiritual attitude.

Lao Tzu explained the immortal light-body thus: "It is self-aware yet without ego, capable of inhabiting a biological body yet not attached to it, and guided by wisdom rather than emotion. Whole and virtuous, it can never die."¹⁰

However, Edgar Cayce warned that if you raise the kundalini before you can control your sexual energy, it simply inflames your sexual desire and causes problems on your spiritual path. As general advice, this means practise *Karezza* or the microcosmic orbit until you can use your sexual energy without being confronted by uncontrollable desires.

The Sacrament of the Bridal Chamber

A similar picture emerges from the Gnostic Gospels. Apparently these Gospels, ascribed to the disciples of Jesus, have been rejected by the official Christian Churches because they imply that Jesus had secret teachings for his disciples.

Western Christianity is based on the doctrines of Paul who did not know Jesus personally and therefore did not receive

these teachings. Most great spiritual teachers reserved advanced teachings for those who could understand them.

So we read in the Gospel of Thomas (22): "When you make the two into one, and when you make the inner like the outer and the outer like the inner, and the upper like the lower, and when you make male and female into a single one, so that the male will not be male nor the female be female ... then you will enter [the kingdom]." This basically says that we must become androgynic to enter the kingdom of heaven. There is no chance that the general public would have understood this.

Also consider the following (114): "Simon Peter said to him, 'Let Mary leave us, for women are not worthy of [eternal] life.' Jesus said, 'I myself shall lead her in order to make her male, so that she too may become a living spirit resembling you males. For every woman who will make herself male will enter the kingdom of heaven.'" This, too, refers to androgyny. The means to achieve this is the Sacrament of the Bridal Chamber. It is alluded to in various Gnostic Gospels. Jesus taught several sacraments, and the Gospel of Philip states that these were the holy baptism, the holier atonement and the "holy of the holies", the sacrament of the bridal chamber, in which participants "put

on the Light" or "Chrism" and return to Oneness. Androgyny is also a central part of other religions, where deities in Taoist, Hindu and Buddhist art are often shown as part male and part female.

There are no direct descriptions of the sacrament of the bridal chamber, but it is clothed in sexual symbology and seems to have been practised as a sacred male-female union without orgasm, also described as pure embrace or undefiled intercourse. Possibly both methods were used as in Tao and tantra kundalini practices. Dual cultivation appears to be by far

easier for equalising male and female energies. However, there is also the following description of it which may indicate single cultivation:

Epiphanius mentions a Gnostic writing called "The Great Questions of Mary", where Jesus gave Mary Magdalene a revelation on a mountain. According to this, Jesus produced forth a woman from his side, akin to the generation of Eve in the Garden of Eden in Genesis. Jesus had sex with her, and then consumed his own semen (see <http://www.novusordoseclorum-oai.org/documents/magdalene.htm>). This description is interesting as not only the mythical Eve was created in this way from the androgenous Adam and together they populated the world, but also in Hindu mythology Shiva produced his consort in the same way and they then copulated to produce the world. All of these describe a male-female split of the divine androgyne, and the sexual union of both parts then produced an immortal light-body, the human race or the world.

It is clear that descriptions of secret teachings such as the above are disguised so that only the initiated understand the true meaning. From what we know now, we may assume that Jesus demonstrated to Mary how to focus sexual energy into a male and female energy pole, and then unite these polarised energies to create a higher energy body.

It is clear that descriptions of secret teachings such as the above are disguised so that only the initiated understand the true meaning.

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The swallowing of semen is symbolic for retaining his seed and actually not ejaculating.

Here is a quote from the last paragraph of the Gospel of Philip: "If anyone becomes a son of the bridal chamber, he will receive the light [the Chrism]. If anyone does not receive it while he is here, he will not be able to receive it in the other place [the afterlife]."

He who will receive that light will not be seen, nor can he be detained. And none shall be able to torment a person like this, even while he dwells in the world."

According to the Gnostic Gospels, the main purpose of Jesus was to teach eternal life by re-creating the divine androgyne and thus overcoming the separation of the sexes in the sacrament of the bridal chamber.

Being born again in this way with an immortal light-body, any successful follower was no longer a Christian but became a Christ (Gospel of Philip).

The real significance of the crucifixion and the crowning achievement of Jesus' life was the reappearance of Jesus and his

continued teaching in the materialised form of his immortal light-body. This was to demonstrate to his followers the truth of his teachings about the divine androgyne and eternal life.

Therefore, the real basis of the teachings of Jesus is sacred sexuality, the same as in Buddhist, Hindu and Taoist teachings.

Endnotes

7. Aschner, Bernard, MD, *Arthritis Can be Cured*, Julian Press, New York, 1957.

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9. Dowman, Keith, *Sky Dancer: The Secret Life and Songs of the Lady Yeshe Tsogyel*, Snow Lion Publications, New York, 1996.

10. Walker, Brian (trans.), *Hua Hu Ching: Unknown Teachings of Lao Tzu*, HarperCollins, San Francisco, 1995 (pb ed.), section 66.

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Walter Last worked as a biochemist and research chemist in the medical departments of several German universities and at Bio-Science Laboratories in Los Angeles, USA. Later he worked as a nutritionist and natural therapist in New Zealand and in Australia, where he is now based.

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Walter Last no longer has a clinic. For information on health questions, see his website <http://www.health-science-spirit.com>. Additional references for this article are available from Mr Last on request.